

## How to Become A Red Cross Nurse

By Sophie Irene Loeb

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ANY letters I have come to The Evening World from young women who are anxious to become Red Cross nurses or volunteer nurses' aids.

A typical letter comes from a former signing herself "Anxious."

"I read in The Evening World your advice to young folks. I would be obliged if you would answer how to become a Red Cross nurse."

"I came to this country from Austria twelve years ago and I am American at heart. I am twenty-five years old, strong and used to any kind of hard life, and would like to join the Red Cross nurses going abroad, or here."

"I never did any nursing, but I know I could easily learn, because I love it. All my relatives are American citizens."

The following suggestions gathered from authoritative sources are herewith presented:

Dr. S. S. Goldwater, who is heading the City's Committee on Hospital and Medical Facilities concerning the training of volunteer nurses' aids, states:

"That a plan for the training of volunteer nurses' aids has already been worked out by the Red Cross Nursing Service, and that a course of instruction for that purpose has for some months been given in base hospitals."

"After carefully studying this plan in general arrangement and in detail, the committee finds that it provides a short, simple and well thought out course of instruction in theory and in practical work which, intelligently given, should enable those who have had it to give a good deal of useful service in hospital wards."

"With certain slight changes in the theory and a moderate increase in the amount of time devoted to certain practical procedures, the course appears to be a suitable one for the purpose for which it is intended."

"The plan of training for volunteer nurses' aids is now to be given in

## Such Is Life!

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By Maurice Ketten

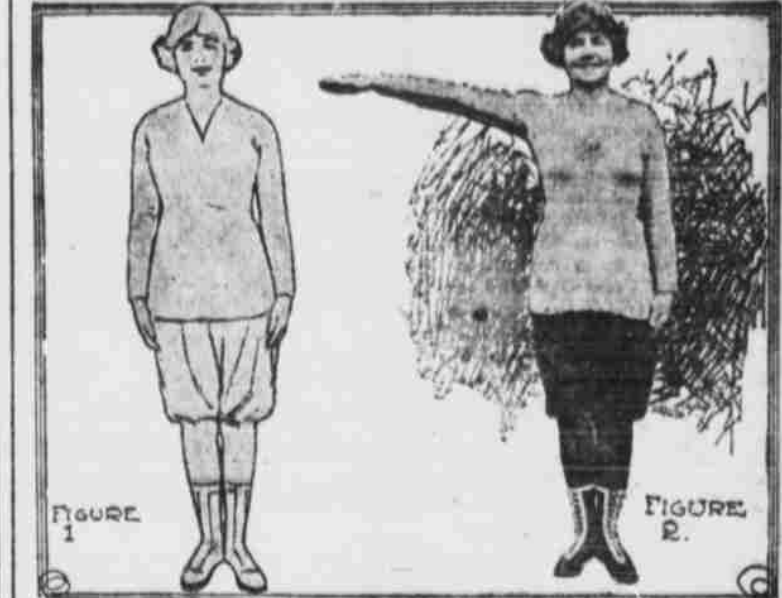


## For Physical Preparedness U. S. Army Exercises

Posed by Pauline Furlong

The Evening World Publishes These Exercises to Help All Men and Women Prepare for Any Call to Service.

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THIRD SET—Free Hand Exercise No. 11.

MANY readers are writing me that they experience a feeling of stiffness, soreness and fatigue after practicing any series of exercises for five minutes or more each day. This fatigue and soreness very rapidly disappears if the exercises are performed regularly, because when the muscles have become accustomed to the extra exertion placed upon them they will gradually regain the elasticity of youth and respond readily to persistent practice of any exercises.

Remember, however, that the longer and more strenuous the exercises, the longer must be the period of rest allowed for the muscles to recuperate, because over-doing the exercises strains them and may do much more harm to the system than good.

To-day's exercise in the arm series is practiced as follows: Assume the "at command" position as shown in figure one, and on command "raise," raise the right arm until on a level with the shoulder, as shown in figure two, and hold this until the command "down." Do this with each arm about ten times. When these are practiced in drill the instructor must first call "arm sideward" and then proceed with first the right and then alternate with the left arm on the commands "raise"—"down."

## Good Uses for Left-Over Meat

EVERY particle of meat brought into the kitchen should be used. All the bones and gristle can be utilized to make soup and there are many ways of converting the left-over portions into appetizing meals. Even the tough parts of cold roast beef and steak can be made palatable by boiling in water until tender before using in any of the cold meat recipes. If left in the cold water, it can be used in combination with toast bread or mashed potatoes.

BEFORE REHEATING, if beefsteak, when simply reheated, is

usually tough, but if the best portions are chopped and mixed with just enough water to moisten, then heated quickly and seasoned with butter, pepper and salt and served as soon as hot, it will make a satisfactory lunch.

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## Betty Vincent's Advice to Lovers

THE happy time is here when girls and young men may make love together at the beaches and in the amusement parks. I hope that all of you will spend as much of this summer as possible in the open air. But I do want to offer a caution about summer manners. There should be no letting down of your standards of personal dignity and refinement. You can have just as good a time without being either boisterous or mushy in public places. Loud talking and laughing, childish romping, "spooning" on street cars or excursion boats, are forms of vulgarity which should be avoided by all self-respecting young persons.

"D. M." writes: "Is it proper for a young man to apologize to a young lady for writing her a letter when he has not been introduced? He has been attracted by her looks and manners and desires very much to make her acquaintance. What ought he to do?"

"There is just one thing for him to do, and that is to find a mutual acquaintance who will introduce him. After he has been introduced formally he should indeed apologize for trying to meet the girl in any other way."

"B. G." writes: "For the past three years I have been accepting attention from a young man whom I expected to marry some day. A few months ago he ceased his attentions entirely. I received no reply to a request that he return my notes. What do you advise me to do?"

"Forget the young man as speedily as possible. He has no right to break off a close friendship without explanation of any sort."

"R. X." writes: "I was introduced to a young man a few days ago and

"I have thought of him ever since. I am quite young and I believe I love him. Do you think I am seriously in love, and what shall I do?"

"You cannot be seriously in love with a man whom you have met only once, but there may be a strong natural attraction toward him. I see no reason why you should not cultivate the acquaintance in a natural and friendly way, and see if your feeling persists."

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## ADVENTURE

Showing How a Man and a Maid Found Love in the Heart of Romance

BEST NOVELS PUBLISHED ON THIS PAGE COMPLETE EVERY TWO WEEKS

(Copyright, McClure Newspaper Syndicate.)

SYNOPSIS OF PRECEDING CHAPTERS.

David Sheldon, a young planter in the Solomon Islands, was a man of many talents. He was a good hunter, a good swimmer, and a good fighter. He was also a good leader, and he was a good friend. He was a man of many talents, and he was a man of many virtues.

### CHAPTER XII.

THEY were deep in a game of billiards the next morning, after the 11 o'clock breakfast, when Vialbert entered and announced:

"Big fella schooner close up."

Even as he spoke they heard the rumble of chain through hawse pipe, and from the veranda saw a big black-painted schooner, swinging to her port-anchored anchor.

"It's a Yankee," Joan cried. "See that bow! Look at that stern! Ah, I thought so!"—as the Stars and Stripes fluttered to the masthead.

Noa Noah, at Sheldon's direction, ran the Union Jack up the flagstaff.

"Martha, San Francisco," Sheldon read, looking through the telescope.

"It's the first Yankee I ever heard of in the Solomons. They are coming ashore, whoever they are. And, by Jove, look at those men at the oars. It's a crew. Now what reason brings them here?"

"They're not proper sailors," Joan commented. "I'd be ashamed of a crew of black boys that pulled in such a fashion. Look at that fellow in the bow—the one just jumping out; he'd be more at home on a cow-pony."

The boat's crew scattered up and down the beach, ranging about with eager curiosity, while the two men who had sat in the sternsheets opened the gate and came up the path to the bungalow. One of them, a tall and slender man, was clad in white ducks that fitted him like a semi-military uniform. The other man, in nondescript garments that were uncomfortable, short, mottled and shabby like an overgrown ape. To complete the illusion, his face seemed to sprout in all directions with a dense, bushy mass of red whiskers, while his eyes were small and sharp, and restless.

Sheldon, who had gone to the head of the steps, introduced them to Joan. The be-whiskered individual, who looked like a Scotchman, had the

Teutonic name of Von Blix, and spoke with a strong American accent. The tall man in the well-fitting ducks, who gave the English name of Tudor—John Tudor—talked purely unadorned English such as any cultured American would talk.

They were on a gold-hunting expedition. Von Blix was the leader, and Tudor was his lieutenant. All hands and there were twenty-eight—were shareholders, in varying proportions. Several were sailors, but the large majority were miners. It was the old and ever-unfading pursuit of gold, and they came to the Solomons to get it. Part of them, under the leadership of Tudor, were to go up the Balema, and penetrate the mountainous heart of Guadalcanar, while the Martha, under Von Blix, sailed away for Malaita to put through similar exploration.

"And so," said Von Blix, "for Mr. Tudor's expedition we must have some black boys. Can we get them from you?"

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